



THE WOODCHUCK REVIEW



Parents Teachers and Students Working Together

2006 - 2007 Edition

October 12, 2006

Vol. I, No. 4

Jennifer Schmitz, Principal

From The Principal's Desk ...

Greetings,

I must tell everyone what a pleasure it was to be involved in my first Gladys Wood Read-A-Thon. The teachers and other staff were in incredible costumes to go with the sessions they taught. It was a **fabulous** day for students full of fun activities for all! I would have to say that Mr. Beardsley and Ms. Matsui made a pretty convincing Willy Wonka and Oompa Loompa.

I met with our wonderful PTO last night and shared the school goals we have developed as a staff this year. Our two academic goals are in the areas of Reading and Math. We would like to see an increase in test scores in both of these areas of at least 5%. We also wrote a goal to continue nurturing the positive school climate that exists at Gladys Wood. We have developed "action plans" to achieve these goals. If you would like to see the detailed "School Action Plan" and/or would like to offer any input into the goals, please feel free to contact me.

Thank you for all of your support in our school-wide Read-A-Thon. The money raised from this activity helps to fund many activities here at school.

Sincerely,

Jennifer Schmitz

PICTURE RETAKES
AND CLASSROOM
PICTURES ARE

NOVEMBER 2nd



Picture Day!



Important Information

Just a reminder: If your child is participating in after school activities these children need to be picked up on time.

Many of our students are coming in to make daily calls. Each activity has an ending time and parents should be waiting for their child at that time.

Please mark your calendar with dates and times so you will be prompt. If late pickups become a habit we will have to ask your child not to participate in after school activities.

The regular school day ends at 3:30 pm and outside supervision ends at 3:40 pm. The school office closes at 4:00 pm and there is no supervision after that time. Please make sure that you pick your child up at the end of their day!!!

SCHOOL-BUSINESS PARTNERS

Gladys Wood appreciates the value and commitment of our school-business partnerships. Just can't hide our pride! A big Woodchuck thanks to:

**Tastee Freez Carrs-Jewel Lake
Borders Books and Music**

THE LIBRARY CORNER

The Gladys Wood Library will soon boast an impressive selection of student magazines thanks to the generosity of parents and staff! A heart felt *thank you* goes out to the following individuals for their donation to our library and for providing more rich reading options!

Debbie Soares: **Zoo Book and Kids Discover**
 Stephanie Ranger: **Boy's Life**
 Erin Schlemme: **National Geographic for Kids**
 Amy Dalton: **Muse and Dogs for Kids**
 Vanessa Blouch: **Sports Illustrated for Kids**
 LeeAnn Barnett: **American Girl**
 Janet Campbell: **Faces**
 Sierra Afoa: **Creative Kids**
 Stanson Afoa: **Boy's Quest**

It's not too late to be part of this magazine giving campaign! Mears Middle School is currently selling magazine subscriptions at a reduced rate. What better time to support a Mears student and add to the Gladys Wood library collection?! For ordering convenience and more great discounts, visit the site:

<http://www.magsdirect.com/childrens-magazines.html>

Some more excellent magazine choices include:

Ask
Dig
Click

Calendar of Coming Events

OCTOBER

13 Read-A-Thon Funds Due
 16 Read-A-Thon Assembly 2:30-3:15
 16 PTO Meeting 6pm - Library
 20 Fall Carnival 6-8pm
 20 Inservice Day - NO SCHOOL
 27 Read-A-Thon Pizza Party Bash
 during class lunch times
 31 Top Cover Airforce Band Assembly 2pm

NOVEMBER

2 Picture Retakes
 8-10 Parent Teacher Conferences
 10 Inservice Day -NO SCHOOL
 23-24 Thanksgiving Holiday - NO SCHOOL

Magestro's Sports News

Boys and girls at Gladys Wood are earning tokens. How are they doing this? Before and after school or during recess our students are running the track. For each mile a student runs he/she gets a footprint to put on a chain necklace. They're having fun and staying healthy. Encourage your child to join the Milage Running Token Program.

Saturday Indoor Soccer

starts in January

Registration begins in

2 weeks

For more info

Call Mr. Magestro

@ 561-2889



Activity Time at Gladys Wood "Participate"

<u>Chorus</u>		
<u>Mon/Tues</u>	3:30-4:15	(2)
<u>Basketball</u>		
<u>Mon-Wed</u>	3:30-4:15	(4-6)
<u>Starts Mon. Oct. 2</u>		
<u>Gym Hockey</u>		
<u>Tues-Fri</u>	8:00-8:50	(4-6)
<u>Starts Tues. Oct 3</u>		
<u>9 Minute Workout</u>		
<u>Tues-Fri</u>	8:50-9:00	(K-6)





FALL CARNIVAL NEWS

Dear Parents,

Fall is here! The Alaskan version, anyway. And the annual Gladys Wood Fall Carnival is scheduled for Friday, October 20th, 6-8pm.

We will be setting up for the carnival on Thursday, October 19th at 6:30 pm.

There are many places for you to become involved. On the bottom is a volunteer sign up sheet that lists the various areas we need help with.

We have notified the clubs at Dimond High again, to help us run the fall carnival. We have had several respond but we will still need parent volunteers for several booths, ticket sales and food service.

We are also looking for some new ideas for booths! If you have some thoughts or have seen some cool booths elsewhere, let me know ASAP.

Most Booths: 1-2 tickets Button Making/Face Painting: 3-4 tickets Food Tickets: Pizza 4; popcorn 2, pop 2, bottled water 2 Ticket Prices: Punch Card 18/\$5.00, Individual Tickets 3/\$1.00

There will be no pre-ticket sales!

If you have any questions, please call or e-mail me at 243-2454 or reblouch@hotmail.com

Vanessa Blouch
Carnival Chairperson

FALL CARNIVAL VOLUNTEER SIGN UP

Please return this form with your child by Monday, October 16th.

- () Yes, I can help staff a booth for 1/2 an hour!
- () Of course I'd rather work a booth for the entire time! :)
- () I'd love to help with set-up or clean-up:

_____ Set up at 6:30 pm. Thursday, October 19th.

_____ Clean up on Friday, October 20th, from 8-9:30 pm.

Parents(s) Name and Phone# or e-mail address:

If you sign up for set-up/cleanup you will not receive a call, I will just be looking forward to seeing you!

You will receive a phone call by Thursday, October 19th verifying what booth and what times you will be working. If you have not heard from me, please contact me at 243-2454 or reblouch@hotmail.com

THANK YOU!

Vanessa Blouch

NOTES FROM NURSE GRACIE

One of the most important things we can do to provide for the health of our children is to make healthy meals and snacks available. Below are some general guidelines for basic nutrition:

- Eat frequently- three main meals and two snacks are ideal. Try to eat something every three hours. If possible, send a snack to school in addition to lunch.
- Total fat intake should be between 25 and 35 percent of total calories for children between 4 and 18 years of age. To figure fat calories, multiply the number of grams of fat by 9. This number should be no more than 35 % of the total calories for each serving.
- Eat foods low in saturated fat, trans fat, cholesterol, salt, and added sugars.
- Choose whole-grain breads and cereals over refined grain products.
- Provide at least 1 serving of fruit or vegetable with each meal. Recommended daily fruit intake is 1.5 cups for an elementary student. Recommended daily vegetable intake is 1 cup for a 4-8 year old girl, 2 cups for a 9-13 year old girl, 1.5 cups for a 4-8 year old boy, and 2.5 cups for a 9-13 year old boy.
- Provide nonfat and low-fat dairy products. Children 8 and under need 2 cups of milk or a similar dairy product; children over 8 need 3 cups.
- Eat enough to support growth and development and to maintain appropriate body weight. Girls between 4 and 8 years old are estimated to need approximately 1200 calories each day, girls aged 9-13 need approximately 1600 calories per day, boys 4-8 years old require around 1400 calories daily, and boys between 9 and 13 are estimated to need about 1800 calories a day.

Some simple substitutions can make normally unhealthy foods acceptable under the above guidelines. Substituting nonfat yogurt or applesauce for vegetable oil and egg whites for whole eggs can drastically reduce the fat content in any recipe. On cakes and cupcakes, use nonfat dairy whipped topping and fresh fruit instead of heavy, sugary frosting for a healthy and satisfying addition while providing both a dairy serving and a fruit serving.

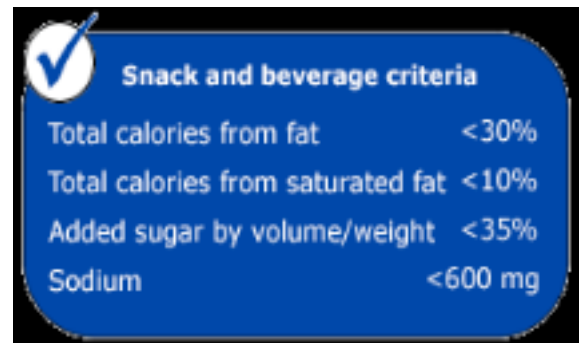
In addition to providing healthy foods, we must also teach our children to know how to make healthy choices on their own, so...

Easy Low-fat Chocolate Cake

- 1 Box Devil's Food Cake Mix
- 1/2 cup nonfat yogurt or applesauce
- 3 egg whites
- 1 1/3 cups water

To make: Combine ingredients as directed on cake box; substitute nonfat yogurt or applesauce for oil and egg whites for whole eggs.

Bake as directed. Serves 24



It is the policy of the Anchorage School District to provide equal educational and employment opportunities, and to provide services and benefits to all students and employees without regard to race, color, religion, disability, national origin, gender, marital status, change in marital status, pregnancy, parenthood or other prohibitions. This policy of the Anchorage School District is consistent with numerous laws, regulations and executive orders enforced by various federal, state, and municipal agencies, including but not limited to Section 504, Executive Order 11246, Title 41 (part 60-1, 60-2, 60-3, 60-20), Title VI and VII of the 1964 Civil Rights Act, and Title IX of the Education Amendments Act of 1972,

Inquiries or complaints may be addressed to the School District Equal Employment Opportunity Office, the Alaska State Commission for Human Rights, the Anchorage Equal Rights Commission, or the Director of the Office for Civil Rights, the Department of Education or the Department of Health and Human Services. Grievance procedures for student and employee concerns have been established by the Anchorage School District. For more information, contact: Director of EEO, P.O. Box 196614 (907) 742-4132

Minority Education

The Minority Education Concerns Advisory Committee (MECAC) is the only standing committee that is appointed by the School Board. Their role is to advise the Board on issues relating to minority students and their families. The MECAC works to ensure equity for all students and provides input to the School Board on such issues as educational programs, curriculum and course content, student discipline, citizen involvement, and minority community concerns.

Meetings are held twice a month in Room #320 at the Administration Building, except for December and July. The business meeting is the third Thursday of the month at noon and a meeting for presentations on District programs is on the first Wednesday of the month at 4:30. Members of the community are always welcome.

For more information, to offer comments or questions, or to view meeting agendas and minutes, visit the MECAC online at www.asdk12.org. Just look for the MECAC link under the School Board heading.



Congratulations to our
Student Council Representatives
for the 2006-2007 school year

President
DEREK ZOREA

Vice President
GABRIELLE COLEMAN

Historian
RACHEL LAND

Secretary
ALLESANDRA PEGUES

Treasurer
ZENA PAVIA



FROM THE PTO.....

A big thanks to all of the members and guests who attended the last meeting. We had another good turnout.

The Read-A-Thon fundraiser is coming to a close. All money needs to be turned in on Friday, October 13.

Thank you to Debbie Soares and Josette Tierney for a smooth running picture day. We appreciate all you have done.

I hope everyone plans to attend the Fall Carnival next week. It's scheduled for Friday, October 20, 6 pm to 8 pm. We are still in need of new/like-new stuffed animals for the Animal Walk (similar to a cake walk) at the Fall Carnival. Please contact Vanessa Blouch if you have any questions about the Fall Carnival.

Our nurse, Ms. Rockwood, is heading up Red Ribbon Week this year. It's the last week of October. The students will be making promises to be drug-free. Look for these pledges around the school.

Keep an eye out for information on the upcoming book fair in December.

If you have any questions or comments, please feel free to contact me. Remember, the PTO needs volunteers to be successful.

Hope to see you at the next PTO Meeting, Monday, November 13 at 6 pm.

Theresa Barnard
PTO President
tabbie@ak.net
258-1280

Character Trait of the Month "Responsibility"

Each month Gladys Wood staff and students focus on a character trait working to draw attention to the importance of these traits and qualities as life long skills which leads to success. October's trait is "Responsibility". Teachers conduct lessons in each classroom and students can earn special tickets from any staff member when they demonstrate by actions the character trait being studied that month. Six tickets are drawn each week and announced over the intercom. Each month 24 students who demonstrated the trait and whose tickets were drawn enjoy "Lunch with the Principal" courtesy of Gladys Wood PTO and Tastee Freez. Just another way schools and businesses work together for student success.

Lunch With The Principal

Last Friday Mrs. Schmitz celebrated Lunch with the Principal for Septembers trait of Respect.

A big thanks to our PTO and Tastee Freez for pizza, milk and yogurt ice cream. The following students tickets were picked:

Garbriel Driscoll, Savannah Pese, Meeia Tolentino, Laura Navarro, Max Brinker, Rhoanne Spitzenberg, Tyler Moore, Martina Stern, Christopher Rice, Maisie Dean, Sara Ross, Sanita Spencer, Jeremy Moevao, Janci Dick, Mia Sison, Mahlea Olson, Emily Coy, Joel Jorgensen, Jeremiah Gramer, Nancy Xaivong, Sean Dean, Joshua Heckenlively, and Cheyenne Kohler

THANK YOU

A BIG **THANK YOU** to all the sixth graders in Mr. Heath's and Mr. Beardsley's class that painted our hockey rink. It looks great! It was a lot of hard work and the kids got messy but the rink now looks brand new.



Thanks also to Wal Mart for supplying our school with the many gallons of paint.

